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Vocabulary Builder Reference from...

Haley Van Dyck: How a start-up in the White House is changing business as usual | TED Talk

https://www.ted.com/talks/haley_van_dyck_how_a_start_up_in_the_white_house_is_changing_business_as_usual

Advanced Words Only

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Session 1: Word List

flourish

v. to grow or develop vigorously or successfully
synonym: boom, advance, succeed

(1) **flourish** economically, (2) **flourish** worldwide

The Ottoman Empire **flourished** for over five centuries.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym: spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

inconvenient

adj. causing trouble or difficulty; not convenient or suitable

synonym: troublesome, difficult, awkward

(1) face an **inconvenient** truth, (2) **inconvenient** for

shopping

It was **inconvenient** for her to go out of her way to pick up the package.

gluten

n. a protein found in wheat, barley, and rye that is responsible for the elastic texture of the dough

synonym: wheat protein, wheat starch

(1) **gluten-free** diets, (2) **gluten** intolerance

Many people with celiac disease must avoid **gluten** in their diet.

arduous

adj. requiring strenuous effort; difficult and tiring, often involving physical or mental labor

synonym: challenging, difficult, strenuous

(1) **arduous** task, (2) an **arduous** journey

The climb up the mountain was **arduous** and took us hours to complete.

dichotomy

n. a division or contrast between two things that are or are represented as being opposed or entirely different; a sharp contrast between two opposing and mutually exclusive categories or concepts

synonym: division, duality, contrast

(1) moral **dichotomy**, (2) psychological **dichotomy**

The **dichotomy** between good and evil is common in literature and philosophy.

disproportionately

adv. in a way that is not reasonably or appropriately balanced, equal, or distributed; in a manner that is unequal or excessive about something else

synonym: excessively, unequally

(1) **disproportionately** affected, (2) **disproportionately** high

The rich can often **disproportionately** benefit from tax breaks and other advantages.

lifeline

n. a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help

synonym: savior, support, safety net

(1) **lifeline** support, (2) emotional **lifeline**

My best friend has been my **lifeline** throughout all of my hardships.

industrious

adj. hardworking, diligent, and persistent in effort

synonym: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

institutionalize

v. to establish or make something a part of an institution (= a place such as a university, hospital, etc.)

synonym: formalize, establish, regularize

(1) **institutionalize** a system, (2) **institutionalize** customary laws

The new policy aims to **institutionalize** the use of renewable energy sources.

quo

n. the existing state or condition of something, especially in relation to a particular situation or issue

synonym: status, condition, state

(1) status **quo** politician, (2) **quo** warranto

The company has been successful in maintaining the status **quo**.

innovate

v. to introduce new methods, ideas, or products

synonym: bring in, introduce, found

(1) **innovate** a new method, (2) **innovate** the quality of his life

Companies developing self-driving cars consistently **innovate** the emerging technologies.

nerd

n. a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.

synonym: geek, techie, wonk

(1) a computer **nerd**, (2) **nerd** neck

He was, by nature, a cyber **nerd**.

playbook

n. a set of strategies or tactics used in a particular situation, often in a business or political context; a guidebook or manual that outlines a specific plan of action

synonym: strategy, game plan, manual

(1) **playbook** strategy, (2) political **playbook**

The coach's **playbook** helped the team win the championship.

dedicate

v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

synonym: consecrate, devote, commit

(1) **dedicate** a few hours, (2) **dedicate** a chapter to the subject

He **dedicated** his life to helping others.

brag

v. to say something in a boastful manner, to impress others, or make oneself feel superior

synonym: boast, swagger, vaunt

(1) **brag** to each other, (2) **brag** about my knowledge

Despite his impressive achievements, he refrained from **bragging** about his success.

excite

v. to make someone feel suddenly enthusiastic or eager

synonym: thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

streamline

v. to simplify or make more efficient by eliminating unnecessary parts or steps

synonym: simplify, optimize, make more efficient

(1) **streamline** administrative activities, (2) **streamline** workflow

The government plans to **streamline** the tax collection process to make it more efficient.

embroider

v. to decorate or embellish a fabric or piece of clothing with ornamental or colorful designs using needlework; to add fictitious or exaggerated details to a story or account

synonym: decorate, adorn, embellish

(1) **embroider** a dress, (2) **embroider** a cushion

She chose to **embroider** her initials onto the scarf as a personal touch.

succumb

v. to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury

synonym: surrender, break down, die

(1) **succumb** to cancer, (2) **succumb** to old age

He finally **succumbed** to temptation.

Session 2: Spelling

1. ind_____us student *adj.* hardworking, diligent, and persistent in effort
2. psychological di_____my *n.* a division or contrast between two things that are or are represented as being opposed or entirely different; a sharp contrast between two opposing and mutually exclusive categories or concepts
3. q_o warranto *n.* the existing state or condition of something, especially in relation to a particular situation or issue
4. em_____er a dress *v.* to decorate or embellish a fabric or piece of clothing with ornamental or colorful designs using needlework; to add fictitious or exaggerated details to a story or account
5. ex___e the crowd *v.* to make someone feel suddenly enthusiastic or eager
6. emotional li_____ne *n.* a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help
7. pl_____ok strategy *n.* a set of strategies or tactics used in a particular situation, often in a business or political context; a guidebook or manual that outlines a specific plan of action

ANSWERS: 1. industrious, 2. dichotomy, 3. quo, 4. embroider, 5. excite, 6. lifeline, 7. playbook

- | | | |
|---------------------------------------|-----------|---|
| 8. gl___n-free diets | <i>n.</i> | a protein found in wheat, barley, and rye that is responsible for the elastic texture of the dough |
| 9. jazz imp_____ion | <i>n.</i> | the act of making something up on the spot or creating or performing something without preparation |
| 10. di_____t a well-ordered condition | <i>v.</i> | to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance |
| 11. status q_o politician | <i>n.</i> | the existing state or condition of something, especially in relation to a particular situation or issue |
| 12. em_____er a cushion | <i>v.</i> | to decorate or embellish a fabric or piece of clothing with ornamental or colorful designs using needlework; to add fictitious or exaggerated details to a story or account |
| 13. su_____b to cancer | <i>v.</i> | to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury |
| 14. b__g to each other | <i>v.</i> | to say something in a boastful manner, to impress others, or make oneself feel superior |
| 15. in_____te a new method | <i>v.</i> | to introduce new methods, ideas, or products |
| 16. gl___n intolerance | <i>n.</i> | a protein found in wheat, barley, and rye that is responsible for the elastic texture of the dough |

ANSWERS: 8. gluten, 9. improvisation, 10. disrupt, 11. quo, 12. embroider, 13. succumb, 14. brag, 15. innovate, 16. gluten

17. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
18. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
19. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager
20. fl_____sh economically *v.* to grow or develop vigorously or successfully
21. li_____ne support *n.* a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help
22. str_____ne workflow *v.* to simplify or make more efficient by eliminating unnecessary parts or steps
23. b__g about my knowledge *v.* to say something in a boastful manner, to impress others, or make oneself feel superior
24. su_____b to old age *v.* to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury
25. in_____te the quality of his life *v.* to introduce new methods, ideas, or products
26. n__d neck *n.* a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.
27. fl_____sh worldwide *v.* to grow or develop vigorously or successfully

ANSWERS: 17. improvisation, 18. industrious, 19. excite, 20. flourish, 21. lifeline, 22. streamline, 23. brag, 24. succumb, 25. innovate, 26. nerd, 27. flourish

28. de_____te a few hours *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
29. face an inc_____ent truth *adj.* causing trouble or difficulty; not convenient or suitable
30. di_____t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
31. dis_____ely affected *adv.* in a way that is not reasonably or appropriately balanced, equal, or distributed; in a manner that is unequal or excessive about something else
32. ins_____ize a system *v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
33. political pl_____ok *n.* a set of strategies or tactics used in a particular situation, often in a business or political context; a guidebook or manual that outlines a specific plan of action
34. ar_____s task *adj.* requiring strenuous effort; difficult and tiring, often involving physical or mental labor
35. dis_____ely high *adv.* in a way that is not reasonably or appropriately balanced, equal, or distributed; in a manner that is unequal or excessive about something else
36. ins_____ize customary laws *v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)

ANSWERS: 28. dedicate, 29. inconvenient, 30. disrupt, 31. disproportionately, 32. institutionalize, 33. playbook, 34. arduous, 35. disproportionately, 36. institutionalize

37. a computer n__d *n.* a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.
38. inc_____ent for shopping *adj.* causing trouble or difficulty; not convenient or suitable
39. moral di_____my *n.* a division or contrast between two things that are or are represented as being opposed or entirely different; a sharp contrast between two opposing and mutually exclusive categories or concepts
40. str_____ne administrative activities *v.* to simplify or make more efficient by eliminating unnecessary parts or steps
41. an ar_____s journey *adj.* requiring strenuous effort; difficult and tiring, often involving physical or mental labor
42. de_____te a chapter to the subject *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

ANSWERS: 37. nerd, 38. inconvenient, 39. dichotomy, 40. streamline, 41. arduous, 42. dedicate

Session 3: Fill in the Blanks

1. The news of her promotion _____ her.
v. to make someone feel suddenly enthusiastic or eager

2. He created a beautiful piece of music using only _____.
n. the act of making something up on the spot or creating or performing something without preparation

3. She chose to _____ her initials onto the scarf as a personal touch.
v. to decorate or embellish a fabric or piece of clothing with ornamental or colorful designs using needlework; to add fictitious or exaggerated details to a story or account

4. He _____ his life to helping others.
v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

5. The rich can often _____ benefit from tax breaks and other advantages.
adv. in a way that is not reasonably or appropriately balanced, equal, or distributed; in a manner that is unequal or excessive about something else

6. The new policy aims to _____ the use of renewable energy sources.
v. to establish or make something a part of an institution (= a place such as a university, hospital, etc.)

7. Despite his impressive achievements, he refrained from _____ about his success.
v. to say something in a boastful manner, to impress others, or make oneself feel superior

ANSWERS: 1. excited, 2. improvisation, 3. embroider, 4. dedicated, 5. disproportionately, 6. institutionalize, 7. bragging

8. The government plans to _____ the tax collection process to make it more efficient.
- v.* to simplify or make more efficient by eliminating unnecessary parts or steps
9. He was, by nature, a cyber _____.
- n.* a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.
10. It was _____ for her to go out of her way to pick up the package.
- adj.* causing trouble or difficulty; not convenient or suitable
11. The coach's _____ helped the team win the championship.
- n.* a set of strategies or tactics used in a particular situation, often in a business or political context; a guidebook or manual that outlines a specific plan of action
12. Companies developing self-driving cars consistently _____ the emerging technologies.
- v.* to introduce new methods, ideas, or products
13. The _____ between good and evil is common in literature and philosophy.
- n.* a division or contrast between two things that are or are represented as being opposed or entirely different; a sharp contrast between two opposing and mutually exclusive categories or concepts
14. The Ottoman Empire _____ for over five centuries.
- v.* to grow or develop vigorously or successfully
15. My best friend has been my _____ throughout all of my hardships.
- n.* a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help

ANSWERS: 8. streamline, 9. nerd, 10. inconvenient, 11. playbook, 12. innovate, 13. dichotomy, 14. flourished, 15. lifeline

16. I'm so sorry to _____ you when you're pretty busy.

- v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

17. Many people with celiac disease must avoid _____ in their diet.

- n.* a protein found in wheat, barley, and rye that is responsible for the elastic texture of the dough

18. He finally _____ to temptation.

- v.* to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury

19. The company has been successful in maintaining the status _____.

- n.* the existing state or condition of something, especially in relation to a particular situation or issue

20. The climb up the mountain was _____ and took us hours to complete.

- adj.* requiring strenuous effort; difficult and tiring, often involving physical or mental labor

21. He was known to be very _____ and would often work late into the night.

- adj.* hardworking, diligent, and persistent in effort

ANSWERS: 16. disrupt, 17. gluten, 18. succumbed, 19. quo, 20. arduous, 21. industrious